

Speedy Greek Salad V* GF

INGREDIENTS

- 1 head romaine or other leaf lettuce
- ½ small red onion, thinly sliced
- 1 small cucumber, cubed
- 3 oz. feta cheese
- *omit to make vegan
- 8-10 Greek olives, optional
- 2 Tbsp. olive oil
- 1 Tbsp. vinegar (red wine preferred)
- Dash dry mustard or oregano, optional
- 1 clove garlic, minced
- Freshly ground black pepper, to taste
- Cherry tomatoes

DIRECTIONS

1. Wash greens and spin dry. Roughly chop.
2. Add onion, cucumber, cheese and olives. Toss gently.
3. Whisk together oil, vinegar, garlic and spices, and toss with salad. Garnish with cherry tomatoes.



NUTRITION FACTS		4 side servings
Calories: 155	Total Carbohydrate: 7 g	
Fat: 12 g	Dietary fiber: 2 g	
Sodium: 727 mg	Protein: 4 g	

Superfood Salad V GF

INGREDIENTS

- 1 bunch kale, stems removed, leaves chopped
- 8 oz. frozen shelled edamame (soybeans), thawed
- ¼ cup red onion, thinly sliced
- 1 cup shredded carrots
- ⅔ cup fresh blueberries
- ½ cup dried cranberries
- ½ cup shelled sunflower seeds
- ½ cup cashew pieces (optional)

DIRECTIONS

1. Whisk dressing ingredients until sugar is dissolved and set aside.
2. Cook edamame according to package directions. Drain and cool.
3. Toss salad ingredients together. Pour half the dressing over the mixture and toss to coat.
4. Refrigerate 4-6 hours to let flavors blend.
5. Serve with remaining dressing on the side.

DRESSING

- 3 Tbsp. sugar
- ¼ cup vinegar, balsamic vinegar preferred
- ¼ cup olive oil, extra virgin preferred
- ½ tsp. salt
- ¼ tsp. pepper

NUTRITION FACTS

NUTRITION FACTS		8 servings
Calories: 244		
Fat: 13 g		
Sodium: 75 mg		
Total Carbohydrate: 27 g		
Dietary fiber: 2.5 g		
Protein: 7.5 g		

Asian Cucumber Salad



INGREDIENTS

- 2 small cucumbers, thinly sliced
- 2 carrots, thinly sliced or 1 cup shredded carrots
- 1 large red pepper, thinly sliced
- ½ medium red onion, thinly sliced
- 2 green onions, sliced
- 1 hot pepper, seeded and thinly sliced, optional
- Optional garnish: chopped cilantro or chopped peanuts

DIRECTIONS

1. Combine first 6 ingredients in large bowl.
2. Whisk together dressing ingredients until sugar is dissolved.
3. Toss with vegetables.
4. Cover and refrigerate for at least 30 minutes.

DRESSING

- ¼ cup sugar or 2-3 Tbsp. honey
- ⅓ cup rice vinegar
- ⅓ cup water
- 1 tsp. sesame oil
- 2 tsp. reduced sodium soy sauce
- *use gluten-free soy sauce
- 1 garlic clove, minced
- ¾ tsp. each salt, pepper, and garlic powder
- ½ tsp. fresh ginger root, minced
- 1 tsp. hot chili sauce, optional
- ½ tsp. red pepper flakes, optional

NUTRITION FACTS		6 servings
Calories: 90	Total Carbohydrate: 22 g	
Fat: 1 g	Dietary fiber: 3 g	
Sodium: 129 mg	Protein: 2 g	

Zesty Bean & Corn Salad



INGREDIENTS

- 2 cans black beans, rinsed
- 1 small can of corn, drained or 1-2 cups frozen corn, thawed
- 1 red bell pepper, seeded and diced
- ½ red onion, diced
- 1 small cucumber, seeded and diced
- 2 Roma tomatoes, diced
- Handful of fresh cilantro, chopped
- 2 Tbsp. lime juice
- Splash of vinegar, rice vinegar preferred
- 2 Tbsp. olive oil
- Salt & pepper to taste
- Dash of hot sauce such as Tabasco, optional

DIRECTIONS

1. Mix all ingredients in a large bowl.
2. Let stand 15-20 minutes to allow flavors to combine.
3. Toss and serve.



NUTRITION FACTS		8 servings
Calories: 115	Total Carbohydrate: 19 g	
Fat: 4 g	Dietary fiber: 4 g	
Sodium: 272 mg	Protein: 4.5 g	

Simple Slaw (A New Way)

INGREDIENTS

COLESLAW

- 2 cups green cabbage, finely sliced
- 2 cups purple cabbage, finely sliced
- 2 cups shredded carrots
- 2 Tbsp. chopped fresh parsley, optional
- ½ cup mixed seeds (green pumpkin and sunflower seeds best)

DRESSING

- ¼ cup olive oil
- 2-3 Tbsp. lemon juice
- 1 clove garlic, minced
- ½ tsp. salt
- ¼-½ tsp. cumin

NUTRITION FACTS

6 servings
 Calories: 185
 Fat: 16 g
 Sodium: 241 mg
 Total Carbohydrate: 9.5 g
 Dietary fiber: 3.5 g
 Protein: 3.7 g

SHORTCUT PREP

If you're in a rush, you can use a 16 oz. mixed bag of finely sliced green and purple cabbage.

DIRECTIONS

1. Combine prepared green cabbage, purple cabbage, carrots, and parsley. Set aside.
2. Heat a nonstick skillet over medium heat. Add seeds and toast until they are golden brown and making popping noises.
3. Combine dressing ingredients.
4. Drizzle dressing over slaw and toss to coat. Refrigerate before serving.

Audrey's Salad

INGREDIENTS

- 8-12 cups of deep greens, assorted variety
- 2 carrots, peeled and thinly sliced
- 1 red bell pepper, chopped
- ½ red onion, thinly sliced
- 1 Granny Smith apple, cored and diced
- 1 cucumber, seeded and diced
- 1 avocado, diced

DRESSING

- ¼ cup olive oil
- 2 Tbsp. balsamic vinegar
- 2 tsp. honey
- 1 Tbsp. lemon juice
- 1 tsp. mustard
- Salt and pepper to taste

DIRECTIONS

1. Wash greens as needed, and spin dry. Combine with prepared carrots, peppers, onion, and cucumber.
2. Whisk together all ingredients for dressing. Prior to serving, chop apple and cube avocado.
3. Toss salad with dressing and gently stir in apple and avocado.

NUTRITION FACTS 8 servings

Calories: 178 Total Carbohydrate: 18 g
 Fat: 12 g Dietary fiber: 5 g
 Sodium: 63 mg Protein: 3 g

Strawberry Pecan Spinach Salad



INGREDIENTS

- 1 large bunch of spinach (approx. 8-10 cup), washed
- 1 cup sliced fresh strawberries
- 1/3 cup feta cheese (*omit for V)
- 1/2 cup raw pecans
- 2 Tbsp. balsamic vinegar
- 1 Tbsp. honey
- 1/4 cup olive oil

NUTRITION FACTS 4 servings

Calories: 105	Total Carbohydrate: 25 g
Fat: 5 g	Dietary fiber: 3 g
Sodium: 70 mg	Protein: 3 g

DIRECTIONS

1. Combine the spinach, strawberries, cheese (if using) and pecans in a large bowl.
2. Stir the balsamic vinegar and honey together in a bowl, slowly adding olive oil in, while whisking continuously.
3. Drizzle over salad just before serving.

Apple Kale Salad



INGREDIENTS

SALAD

- 1 bunch kale, destemmed and chopped into small strips
- 2 apples, chopped
- 1/4 cup dried cranberries
- 1/2 cup pomegranate seeds (or arils)
- 1/2 cup coarsely chopped walnuts

DRESSING

- 3 Tbsp. unsweetened applesauce
- 3 Tbsp. apple cider vinegar
- 1 Tbsp. maple syrup
- 1/2 tsp. cinnamon
- 1/2 tsp. minced fresh ginger



NUTRITION FACTS 4 servings

Calories: 132	Total Carbohydrate: 28 g
Fat: 1.7 g	Dietary fiber: 2 g
Sodium: 65 mg	Protein: 7 g

DIRECTIONS

1. Combine dressing ingredients in small glass jar. Place lid on top and shake (or whisk in small bowl).
2. Place kale in large bowl and massage dressing into kale with hands. Let rest for 30 minutes. Top with remaining salad ingredients.

Quick Tomato and Red Onion Salad



INGREDIENTS

- 2½ lb. tomatoes, sliced or cut into wedges (approx. 3 cups)
- 1 small red onion, thinly sliced
- ¼ cup fresh basil leaves
- 2 Tbsp. olive oil
- 1 Tbsp. balsamic vinegar
- Salt and pepper to taste

DIRECTIONS

1. Place tomatoes and onion in medium bowl and toss with the basil, oil and vinegar.
2. Season with salt and pepper and serve.



NUTRITION FACTS *6 servings*
 Calories: 120 Total Carbohydrate: 7 g
 Fat: 7.5 g Dietary fiber: 3 g
 Sodium: 13 mg *(before salt)*

Arugula and Beet Salad



INGREDIENTS

SALAD

- 5 oz. arugula
- 1 can of whole beets
- 3 Tbsp. minced white onion
- ¼ cup shelled pistachios
- (optional – 3 Tbsp. dried cranberries, ¼ cup goat cheese or feta - *Omit if V)

DRESSING

- 3 Tbsp. olive oil
- 1½ Tbsp. balsamic vinegar
- 2 tsp. honey

DIRECTIONS

1. Wash and spin dry the Arugula. Arrange on platter.
2. Drain beets and slice on top of salad.
3. Mince onion and add this along with ¼ cup roughly chopped pistachios to top of salad.
4. Make dressing – shake in jar or whisk ingredients together. Drizzle on top of salad.

NUTRITION FACTS

4 servings
 Calories: 175
 Fat: 10.5 g
 Sodium: 142 mg
 Total Carbohydrate: 21 g
 Dietary fiber: 2 g
 Protein: 1 g